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Monday, July 30, 2018 metro.us | t: MetroNewYork | f: MetroNewYork



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'Be More Chill' is a true 21st-century musical. 13

GETTY IMAGES

Yankees still search for
pitching help. 18-19

ONE TOUGH MUDDER

Tough Mudder champion Hunter McIntyre shares his secrets to staying mud-tough. 6

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THINGS TO KNOW



NIKKI M MASCALL, REPORTER

Disclaimer: I'm not one to exert myself too much beyond my daily walks with my dog. But I really admire people who have the drive to do things like Tough Mudder, so it was a treat to talk to the reigning TMX champion Hunter McIntyre for today's story. Hunter nabbed the title for the second year in a row on CBS Saturday, but even more importantly, he answered several burning questions of mine about his workout regime, shoes and that badass TMX course — and even revealed two surprising food habits. Find out what they are on page 6 or at [metro.us](#).

WELCOME TO METRO.US

TRUMP THREATENS GOVERNMENT SHUTDOWN

In President Donald Trump said on Sunday he would allow the federal government to shut down if Democrats do not fund his border wall and back immigration law changes, betting that maintaining a hard line will work in Republicans' favor in November congressional elections. However, a disruption in federal government operations could backfire on Trump if voters blame Republicans, who control Congress, for the interruption in services. "I would be willing to 'shut down' government if the Democrats do not give us the votes for Border Security, which includes the Wall!"

Must get rid of Lottery, Catch & Release etc. and finally go to system of Immigration based on MERIT! We need great people coming into our Country!" Trump said on Twitter. Americans are divided along party lines on immigration, and 81 percent of Republicans approved Trump's handling of the issue, according to a Reuters/Ipsos poll released this month. The Republican president has threatened a shutdown several times since taking office in 2017 in a bid to get immigration priorities in congressional spending bills, especially funding for a wall along the southern U.S. border.

HOF CLASS TAKES ITS PLACE IN COOPERSTOWN

2Six players reached the pinnacle of their illustrious careers when they joined the Baseball Hall of Fame during a sun-splashed ceremony Sunday afternoon in Cooperstown, N.Y. Four hitters – Chipper Jones, Vladimir Guerrero, Jim Thome and Alan Trammell – joined the Class of 2018 in front of fans wearing jerseys and hats from the teams they represented. The foursome was joined by two pitchers – Trevor Hoffman and Jack Morris – to complete the — talent-laden, six-member class. More than 50 returning Hall of Famers attended the ceremony, which

capped a week long celebration in the small town in upstate New York. The newest inductees brought the number of all-time Hall of Farmers to 323. Jones' eyes watered as he watched a video showing highlights from his 19-year career with the Atlanta Braves. He was a .303 lifetime hitter with 2,726 hits, 468 home runs and 1,623 RBIs, all with the Braves. The switch-hitter spoke about his childhood in Pierson, Fla., where he fell in love with the game. He spoke in front of family members including his parents and his 9-month pregnant wife, Taylor, who is due Monday.

MASSIVE WILDFIRE SPREADS TO 80,000 ACRES IN REDDING, CALIFORNIA

3A deer stands on a road covered with fire retardant as the Carr Fire burns in the area of Redding, California. A Redding firefighter and bulldozer operator were killed battling the fast-moving Carr Fire that has charred more than 80,000 acres and destroyed hundreds of homes. The fire is 5 percent contained.



GETTY IMAGES

NIGERIA TO SEND AIR FORCE TO FIGHT BANDITRY

4Nigeria will deploy its air force and 1,000 security personnel to fight outlaws in the northwest of the country, President Muhammadu Buhari said on Sunday. The move underscores how security has broken down across much of Nigeria, where an ineffective police force has exacerbated already-weak enforcement, particularly outside urban areas. The military is now deployed in more than 30 of the 36 states. Nigeria is tackling a nine-year conflict with Boko Haram and Islamic State West Africa in

the northeast. There is also a conflict across much of its hinterland between farmers and herders that is now more deadly than the war against those insurgencies. In addition, there are oil-fueled militancies in the Delta to the south and banditry and kidnappings through much of the country. Criminality has plagued the northwest for years, particularly around Zamfara state and its border with Kaduna state, though a recent spate of kidnappings and killings in the region has put the region in the public eye.

GREAT-GRANDMA KILLED IN FIRE TRIED TO SAVE KIDS

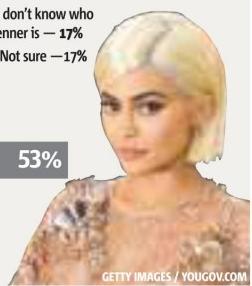
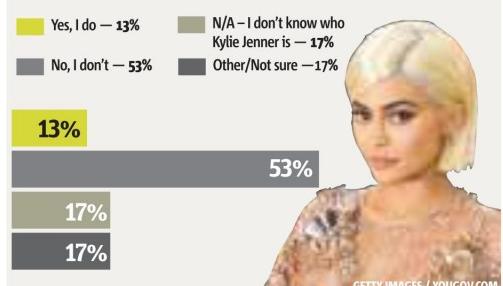
5A 70-year-old woman and her two great-grandchildren died as she tried in vain to save them from a wildfire that raged through an area of northern California and engulfed their home, officials and family members said. Two firefighters have also died and another 12 people are missing. More than 38,000 people remained under evacuation orders on Sunday in and around the city of Redding, about 160 miles north of the state capital Sacramento. The Carr Fire, which has destroyed more than 500 buildings, is the deadliest

and most destructive of nearly 90 wildfires burning from Texas to Oregon. The Carr Fire has charred 89,194 acres (36,095 hectares) of drought-parched vegetation since erupting last Monday. Redding Police Sergeant Todd Cogle confirmed that the three bodies discovered at a fire-ravaged home on the outskirts of Redding were two children and their great-grandmother. The victims identified by relatives on Facebook and in news media reports were James Roberts, 5, his sister Emily, 4, and their great grandmother, Melody Bledsoe, 70.

STATS

'SELF-MADE' BILLIONAIRE

Forbes published an article saying Kylie Jenner is set to become the youngest ever "self-made billionaire." Do you think her wealth can be considered "self-made"?



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NEWS

ISTOCK

People of color make up 93 percent of marijuana possession arrests in NYC: Report

A report from the Police Reform Organizing Project looked at the racial bias they say is implicit in NYPD arrest practices.



KRISTIN TOUSSAINT
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If you were arrested for marijuana possession in New York City, you're probably not white, according to a new report.

Out of all marijuana possession arrests in the first six months of 2018, 93 percent were of New Yorkers of color, according to the Police Reform Organizing Project (PROP).

PROP based its report on NYPD arrest data from the New York State Division of Criminal Justice Services, said Director Robert Gangi, and the nonprofit has been putting out such reports on NYPD arrest practices regularly.

"We focus on marijuana possession arrests because those are probably the most blatantly racially biased," Gangi said.

NYPD arrested 6,604 people for marijuana possession in first six months of 2018, or about 37 per day, per the report, and 93 percent of those arrests were of people of color.

PROP said they found discriminatory practices across all arrest categories as well, but Gangi said that marijuana possession arrests show "blatantly racist practices" because research has proven that

black and white people use marijuana at about the same levels.

"These are illegal practices, they're unconstitutional on an equal protection basis, and the serious issue for us is that they haunt people every day," said Gangi. "It's not just that they're illegal, that they're unconstitutional, that they pick on poor people. They haunt people. They defy people of their liberty, they inflict a kind of collective trauma on the community because people of color know they're being arrested and harassed for activities that are virtually decriminalized in white communities."

93%

NYPD arrested 6,604 people for marijuana possession in the first six months of 2018, or about 37 per day, per the report, and 93 percent of those arrests were of people of color.

New York's attitude toward marijuana seems to be changing. Democratic Candidate for Governor Cynthia Nixon has voiced support for marijuana legalization in New York, citing the racial disparities of those arrested in relation to marijuana, as has New York City Public Advocate Letitia James.

Gov. Andrew Cuomo recently released a Health Department report that says the "positive effects" of legalization "outweigh the potential negative im-

pacts." And though Mayor Bill de Blasio said he isn't ready to fully support marijuana legalization, he announced that the NYPD will ticket, rather than arrest, those smoking marijuana in public as long as they have no prior record.

To all of this change, Gangi said that he is cynical in how this will change that racial bias.

"The conditions attached [to the NYPD arrest changes] by their very nature will continue their targeting of African American and Latino people of the city," he said.

So far in 2018, 87 percent of misdemeanor arrests in New York City involved people of color, according to the PROP report. That means, Gangi noted, that most people with prior convictions or who are on probation are New Yorkers of color, who will still be arrested for marijuana possession under the NYPD's changes.

That number of misdemeanor arrests did drop compared to the first six months of 2017, when 86.5 percent of NYPD misdemeanor arrests were of people of color. The NYPD made about 16 percent fewer misdemeanor arrests overall in the first six months of 2018 compared to the same time period last year.

In response to this report, the NYPD said in a statement that it "enforces the law fairly and equally, and works tirelessly every day to keep every resident and every neighborhood safe."



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Hunter McIntyre won the Tough Mudder X championship this past weekend. PROVIDED

McIntyre thrives on being dragged through the mud

Tough Mudder champ Hunter McIntyre talks shoes, his workout regime — and why he chooses sugar over veggies.

NIKKI M. MASCALI
nikki.mascali@metro.us

Hunter McIntyre always loved sports, but it wasn't until he discovered Spartan Race in 2011 that he knew what he wanted to be when he grew up: a

professional at obstacle course racing (OCR). Fast-forward seven years, and the 29-year-old just won his second consecutive Tough Mudder X championship on Saturday.

Did you like to play in the mud as a kid? No, I didn't like to play in the mud as a kid. Everyone calls them mud runs, that's the fun name for it, but the races that we do, whether it's the Tough Mudder or Spartan, they're very challenging and engaging and a lot of fun.

What's your favorite — and least favorite — parts of the 1-mile Tough Mudder X course? I hate barbed wire, but I'm a big fan of anything that is heavy and challenging to pick up, flipping a big tire, picking up a big sandbag, overcoming a heavy obstacle you have to lift up or climb up. The sport is both skill-based and brute-strength based. I love it.

How many shoes do you go through during a competing season? It's terrible, I'm like a total diva. I have a whole outdoor closet that has about 30 or 40 pairs of shoes. I probably get rid of about five to 10 pairs every year — but I wear five different pairs of shoes a week.

I've got pairs I use for the gym, for outdoor gym workouts, for running, for trail running and I have my race shoes, which are very light, but they only last two or three races. I use Nike for training, and for most road racing, I use New Balance. For outdoor stuff, I use Merrell.

What's your training regime leading up to the Tough Mudder X finals? I go to training camps in the mountains every spring for about eight to 12 weeks to get altitude training, and I usually buckle down and don't do anything but workout, eat food, play video games and go to bed early.

What's your diet like? I eat probably about 1,500 to 2,000 calories worth of pancakes a day, that's just easy and delicious. I eat a lot of Honey Nut Cheerios, a lot of yogurt and a lot of steak. The most important

thing is to eat foods that are easily digested and good for you to get ready for the next workout.

I almost never eat vegetables. I see people always eating salads and stuff, and I've never seen anybody do anything badass because they ate a salad.

"The most important thing is to eat foods that are easily digested and good for you to get ready for the next workout."

Hunter McIntyre

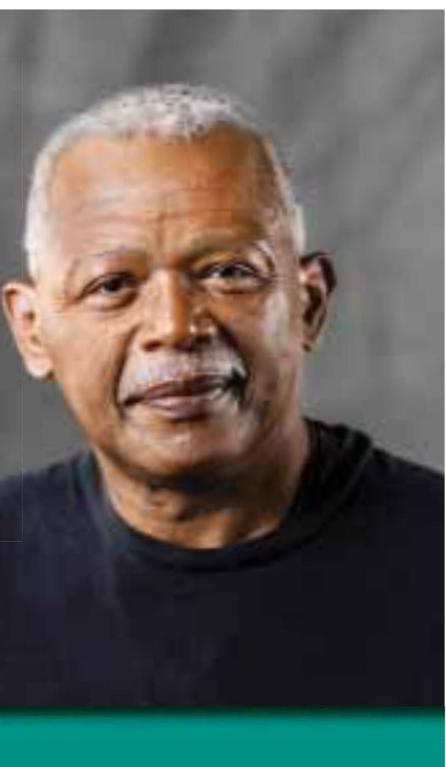
Do you ever wake up and say, "I don't wanna today?" I don't ever stay in bed, but there's definitely days I wake up and know there's no way I'm going to hit the numbers I want to today, so I'll just trade it out for a hike or a swim or a rock climb. I usually take one day off fully each week so I'm supercharged by the time I get to the gym the next day.

What's been most surprising to you about being in the public eye? It's interesting to see what really resonates. I can post something funny, like me eating a bug, and it gets lots of comments and likes. But I posted a picture of me with a sort of transformation to stop running so much and lift a lot more weights to get ready for a couple events. I posted that I got a lot slower, and it got more engagement than I'd ever gotten in my entire life.

What is something unhealthy you do that might surprise people? I eat probably 300 to 400 grams of sugar a day. I don't eat, like, spoonfuls of sugar, but right after a workout, I'll have a Snapple or a FitAid. I eat a whole jar of honey a week. I'm drinking maple syrup constantly. I definitely look leaner the more sugar I eat.

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FIT student Sam Riley, right photo, can nab \$2,500 cash and have his bowing shoes produced and distributed to Bowlmor and Bowlero locations across the U.S.

PROVIDED

FIT student a finalist in Bowlmor bowling shoes redesign contest

Sam Riley, 21, can nab \$2,500 cash and have his shoe produced and distributed to Bowlmor and Bowlero locations across the U.S.

 NIKKI M. MASCALI
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study the environment of Bowlero, where things are super-fun and interactive and a little bit modern," he said. "When you put on the shoes, and put your feet side-by-side, it creates the Bowlero logo. I was just taking the wearer into consideration a lot; it's a young millennial, it's a really fun thing to post on social media."

"Basically, I tried to study the environment of Bowlero, where things are super-fun and interactive and a little bit modern."

Sam Riley

Consider, if you will, bowling shoes. You're probably wondering why in the world we would ask you to do such a thing, right? Well, that's exactly why the company behind Bowlmor Lanes launched a national contest earlier this year calling on aspiring designers and bowling fans to redesign the iconic footwear.

That open call from Bowlero Corp., Bowlmor's parent company, has been narrowed down to five finalists who are vying for the grand prize of \$2,500 cash and the chance to have their redesigned bowling shoes produced and distributed to nearly 100 Bowlero and Bowlmor locations across the country next year.

The competing designs will face a panel of celebrity judges at the flagship Bowlmor Times Square on Aug. 7 at an event hosted by actress and HQ Trivia host Sarah Pribis.

Among the five finalists who hail from all over the U.S. is Sam Riley, a 21-year-old New Hampshire native who currently lives in Brooklyn as he studies fashion design at the Fashion Institute of Technology.

Riley mainly focuses on footwear, and entered the bowling shoes contest at the behest of his department chairperson, Sarah Mullins. He looked to the atmosphere at Bowlero and Bowlmor Lanes for inspiration on his design, which he calls "The Illusion Shoe."

"Basically I tried to

The color of Riley's bowling shoes submission is fairly brand-specific, using the blue and black found in Bowlero's logo with a touch of white "for some contrast," he added. "They have a lot of neon lights inside, so I thought that'd be a good way to make it glow."

If his bowling shoes design is chosen as the grand-prize winner, "it would be such a great opportunity to get something I actually designed produced," Riley said. "I've not had much experience in the industry yet, so I think this would be an amazing way to put myself out there."

Down the line, Riley hopes to one day be the head designer of an American brand's accessories collection. But until then, he'll keep rocking his favorite pair of shoes, a bronze metallic pair of studded Stella McCartney's.

"They're crazy," he said with a laugh.

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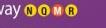
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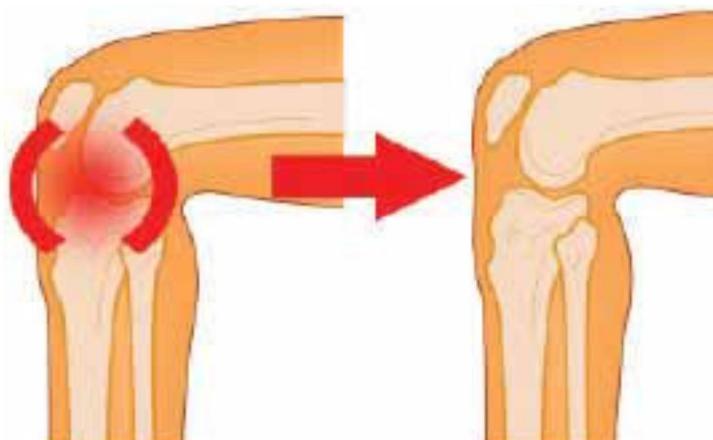
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There is so much we want to say to help you... but I'm out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.

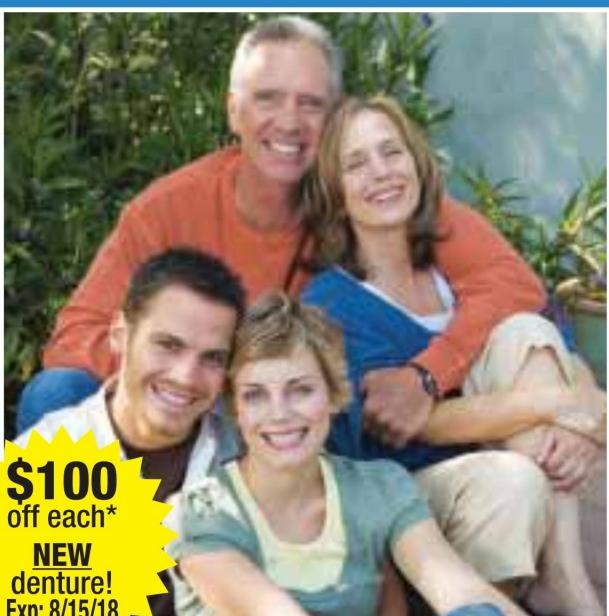


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NEWS

METRO.US
MONDAY, JULY 30, 2018

New York hardcore icon debuts podcast

The first episode of Harley Flanagan's "hardcore" podcast airs Monday.

JEFF TOMKO
letters@metro.us



RAISED FIST PROPAGANDA

When iconic Cro-Mags bassist Harley Flanagan debuts his new podcast on Monday, fans of New York City's gritty '80s punk rock scene will get a firsthand history from one of the rock pioneers of that era. Plus a little more.

"I tell a lot of old New York stories," says Flanagan, whose show can be found at his Facebook page and at HarleyFlanagan.com.

Flanagan will talk about the punk nostalgia of the city's and how the city has changed since Flanagan began his music career as a 12-year old drummer with the Stimulators in the early '80s. One of

The podcast is just the latest career evolution for Flanagan, the bassist, best-selling author, jiu-jitsu instructor, and will nail all things New York City hardcore with the ferocity of any number of his riffs from the Cro-Mag's iconic album "Age of Quarrel."

Flanagan though, won't just keep the topics to music. The jiu-jitsu black belt will also touch on other topics such as MMA: "I believe Neiman Gracie can win the Bellator welterweight title," Flanagan says. "He can and he will."

He adds: I can tell you, "I do more than just storytelling. I also do a lot of Q&A with my fans via Instagram and other social media. I'll also talk about random stuff, like taking personal responsibilities, owning your f—ups."

How about a possible Cro-Mags reunion? "You'll have to tune in to the podcast."

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Pat King
Grumble Editor**READER WRITE-INS:**

SHARE THE ROAD MEANS SHARE IT WITH CARS, TOO!
I agree that pedestrians rule. But is it necessary to rule so mercilessly? 1.) Why can't pedestrians show just a tiny bit more consideration for



ISTOCK

the driver trying to make a turn? Pedestrians often stroll through the crosswalk, one by one, completely ignoring the cars. It's easy enough to stop for two seconds to allow a driver to turn. Or maybe speed up a bit to allow a turn. C'mon

people, we can make this work! 2.) Most drivers do not want to block crosswalks. But pedestrians will begin to cross the moment they have the light. Again, if the pedestrians just waited a few seconds, the drivers blocking the crosswalk

are often able to continue through as the cars in front move forward. There seems to be such contempt for the drivers sharing our streets. And an unwillingness to give an inch to any four-wheeled vehicle. How about we give

the driver a break once in a while? He or she is a person also trying to navigate the city. Or maybe just rid the streets of cars completely? I'm OK with that, too.

- Larry Adel, Metro US reader

STOP WITH THE FIREWORKS ALREADY!

This goes out to those "undesirables" who are still going around blasting off fireworks, your M-80s and whatever else! Just stop it! You have two, three holidays to enjoy this activity. I live in a sketchy neighborhood as is and it's a pain to always hear any extra and unnecessary noise. They've been bothering myself and the neighbors with this since mid-June. Go inside the house and play video games like everyone else. The police are so quick to want to find those posting illegal signs

around the city, then the same should apply these knuckleheads who are found "poppin' off shots" still. It's illegal in some cities to even be in possession of fireworks. These people need to be penalized if found playing with them well into the night as they do long after that holiday has expired.

- Gerald Stokes, Metro US reader

VENT TO US!
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The winning caption from Fiona Chang, Metro New York reader

"Where is Mommy?
I'm hungry!"

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Aries Take a proactive approach when helping others. Offer suggestions as well as incentives to get the support you need to get things done on schedule.



Taurus Focus inward and make changes that will help you hone your skills, add to your qualifications or update your appearance. Personal growth will improve your attitude.



Gemini Traveling, attending business meetings or resolving a pending matter with a friend or relative should be on your agenda. Don't let someone mislead or take advantage of you.



Cancer Make physical changes that will help you get into shape, or adjust your attitude so you can take advantage of your cultural background, knowledge and experience.



Leo Speak up, share your plans and listen to advice, but when it comes time to make a decision, you must rely on your knowledge and experience to help you make the best choice.



Virgo Don't rule anything or anyone out. Positive change is within reach. Someone or something unusual will spark your interest and motivate you to try something new.



Libra Pour your energy into something you believe in. Make changes at home that will make your life more comfortable, affordable or convenient. It's up to you to make things happen.



Scorpio Don't get railroaded into something you don't want to do. Anger will stand in the way of productivity. Concentrate on what's doable, and reject high-pressure tactics.



Sagittarius Take care of matters personally. If you trust someone else to speak or negotiate on your behalf, you will miss out on benefits you deserve. Emotional deception or manipulation is apparent.



Capricorn A unique approach to the way you earn your living or handle your cash will be lucrative. Don't be afraid to try something new or get into a joint venture.



Aquarius Speed things up a bit and see how much you can accomplish. Partnerships look promising. Discuss plans and find out where you stand. Distance yourself from inconsistent or erratic individuals.



Pisces Dream a little dream and turn your ideas into reality. A joint venture will spark your imagination and encourage you to use your skills differently. A physical improvement will lift your spirits. EUGENIA LAST



TOMORROW'S PHOTO:

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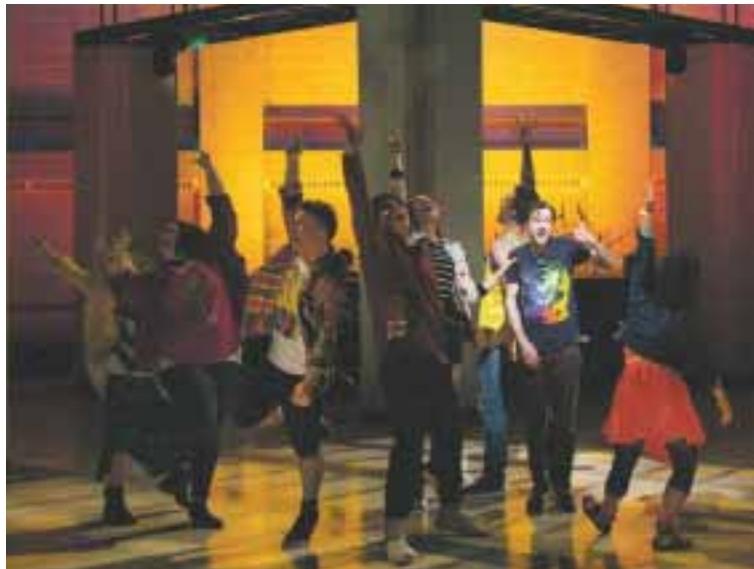
Star George Salazar tells us why "Be More Chill" is the coming-of-age musical for the 21st century.

T. MICHELLE MURPHY
letters@metro.us

Coming-of-age stories have always featured plenty of drama, outrageous characters and over-the-top settings — so why are they just now trending on Broadway? The last couple years have seen the genre become a hugely popular niche in musicals, with "Dear Evan Hansen" racking up six Tony Awards in 2017 (including Best Musical) and "Mean Girls" being the hottest ticket of the 2018 season. And the next big thing is "Be More Chill."

Poised to be the next "Dear Evan Hansen" — if its die-hard fans have anything to say about it — the "Be More Chill" is in previews now and opens off-Broadway on Aug. 3. Fans have been buzzing about the musical since it premiered in New Jersey in 2015, and after selling out seven concerts at Feinstein's/54 Below in February, it's getting another fully staged run at the Pershing Square

The next 'Dear Evan Hansen'



Be More Chill is getting an off-Broadway run thanks to fans who have been supporting it since 2015. PROVIDED

Signature Center.

"At first we were devastated that there wasn't going to be a life beyond New Jersey for this show," says George Salazar, who returns as the protagonist's best friend, Michael. "We did a cast recording, but then we all kind of moved on."

Thankfully, that wasn't the end of the story. Like with many cult classics, it just took a little time for the show to find its fans where many underground hits ultimately do: online. "[Last May], I started to notice dozens of fan-art posts on a daily basis," says Salazar, who's

on Twitter as @george-salazar. "When it started, I think I was getting tagged in 50 posts a day. Which is crazy, because my social-media following back then was my friends and family! And it has not died down since.

"I remember tweeting: 'If the cast album isn't enough, and you want to see 'Be More Chill' live, retweet this.' That was the first time a tweet of mine went viral."

So how does one "Be More Chill"?

A modern coming-of-age story like "Dear Evan

Hansen," it's no wonder "Be More Chill" became the second-highest trending musical on Tumblr in 2017 (no points for guessing that "Hamilton" was first). It starts,

as many high school problems do, with a teen who isn't popular and can't get the girl he likes to notice him — to wit, he has zero chill. But he gets the chance to step up his game with the help of an addictive, personality-altering stimulant known as Squib. If he takes it, he is promised that he will, indeed, be cool — but at what cost?

The premise speaks to a generation raised in a minefield of digital adversity straight out of science fiction: cyberbullying, hacking and doxxing; performance-enhancing drugs at every level of sports, even high school locker rooms; and about as many people on antidepressants as birth control. And that's just high school.

"I can't imagine what

it must be like to grow up in this digital age, in the Trump era, when a little bit of difference in your life is bad," Salazar says. "Or people try to make you feel bad for being yourself."

It also helps that the show has an addictive score with lyrics by Joe Iconis (NBC's "Smash") and a quirky, off-the-moment book by Joe Tracz ("The Lightning Thief") that doesn't veer into patronizing or naive tropes.

"To this day, the show is the highlight of my career," Salazar says. "It's just a gift that we get to do this again."

Be More Chill runs through Sept. 23 at Pershing Square Signature Center, 480 W. 42nd St. Tickets are \$65-\$140 bemorechillmusical.com



George Salazar

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Maika Monroe on living with Timothée Chalamet for the summer

The actress spent a lot of time with castmates while making "Hot Summer Nights."



GREGORY WAKEMAN
Gregory.Wakeman@metro.us

"Hot Summer Nights," the drug-fueled drama/comedy about two young dealers that get in way over their heads one sweltering summer in Cape Cod, unfolds like a nostalgic dream.

Not only is that down to writer and director Elijah Bynum's hyper-stylized, luscious and hypnotic visuals, and the fact the film is set in 1991, but it is also



Things get steamy for Maika Monroe and Timothée Chalamet in "Hot Summer Nights." A2

because of the romance and the freedom that its teenage characters on the cusp of adulthood pulsate with. The character that sums up this feeling the most is Maika Monroe's McKayla Strawberry, the hottest girl in school, who catches the interest of Timothée Chalamet's Daniel Middleton.

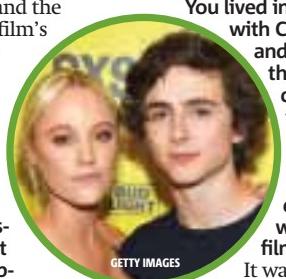
We recently chatted with Monroe, who waxed lyrical about Bynum's talents, what attracted her to "Hot Summer Nights" and why living with Chalamet and the rest of the film's cast was so important.

When you sat down to talk to Bynum, what were your discussions about his style, approach and what he was trying to cover?

The first time we met we didn't go super-deep with the character, but it was about what he wanted to make as a filmmaker and where the idea originally came from and kind of what he wanted to do with it. What I really liked was that he was really specific and knew exactly what he wanted, down to the cinematography and how he wanted all the shots to be moving and to create an urgency. That was the first meeting.

What was it that stood out about you as McKayla?

I think the age of 17-18 is such a really bizarre and important time in a kid's life. I just connected with her and understood, I still have my mom, but if I didn't have my mother going through puberty and getting my first bra and kind of growing up on my own ... she just has this toughness to her. I was really intrigued, really intrigued with the character and I liked how Elijah spoke about the project and the characters.



You lived in a house with Chalamet and the rest of the cast and crew for the shoot. What was that like, and how did it help with the film?

It was amazing. I had never done that before, and I just thought it was so helpful. I think one of the most important thing in a film is the relationship between characters, because if you don't have that, if you don't believe that, then there really isn't anything. So I thought it was super helpful. When you live with a person you really get to know them and so, yeah, they are now great friends. It was so, so much fun. They are a special group of people, so I feel lucky to have had that experience.

"Hot Summer Nights" is now in theaters.

NYC Doctors Urge Back Pain Sufferers

Read This Before Having Surgery or Using Opioid Drugs

Modern Treatment stands to free thousands of New York Area pain sufferers from reduced mobility, stress and poor quality of life. Treatment may help avoid surgery or overuse of dangerous medication

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There is a medical clinic in New York City called **NYC Pain MD**. Actually two of them... in different parts of the city. I'm not sure... but if I'm right... you may want to call them after reading this. If so, their phone number 877-278-8980.

Here's What This Is All About

The doctors at **NYC Pain MD** have made a discovery of sorts. It's not a discovery as in they invented something brand new. It's a discovery about when and how they apply certain back pain treatments... that they have fine tuned... and perfected to get better results than they ever thought possible.

Countless patients are living proof. **And check this out:** What NYC Pain MD doc's actually use is called an "algorithm"... a special step-by-step formula starting with proper evaluation so you make sure to leap frog or bypass treatments that won't work... and find the ones that will work best for you in a little time as possible. Less trial and failure means better quicker results for the pain sufferer.

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to decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency" will be performed for longer term relief.

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This screening will give you so much relief just knowing what is going on... and what your best options are.

That's right. **NYC Pain MD** offers this first step screening at no cost to patients. The only problem is... they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes its hard to get through. If you don't get through to someone when you call... keep calling... or leave a message... it will be well worth it.

But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you can understand completely. Not all complex "doctor talk"...

This may be one... or a combination of the advanced medical treatments offered at **NYC Pain MD**.

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At NO COST. **NYC Pain MD** doc's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with up to 100 inquiries a day from patient's looking for relief, it's often hard to even get a treatment spot.

You should also know this: While **NYC Pain MD** cannot help everyone... so many have gotten the pain relief they were looking for.



New Techniques May Replace Medications Or Even Surgery: Innovative treatment is now available at NYC Pain MD. Many are seeing dramatic relief for the first time.

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, **NYC Pain MD** programs can be made affordable to everyone

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There is a whole lot more I could say about their treatments etc... but this space is limited and that's best left for you and the doctors to discuss in person.

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EDUCATION

Your last-minute back-to-school checklist



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Here are a few things you may not have thought about.



PAT KING
patrick.king@metro.us

With most colleges beginning classes sometime next month, you probably already have the basics covered when it comes to your dorm essentials. You've already picked out the posters and other decorations you are going to display in your tiny corner of your dorm. But there are some of things you may not have considered before heading off to your fall semester away from home. Here is your back-to-school 2018 checklist.

Make sure you have enough storage

A common thing students do when they leave the nest is abandon any idea of living a "zen life." While it

is tempting to bring all your clothes and favorite decorations from home, you must remember that you now have a roommate who will need as much space as you do. Make sure that proper closet and under-bed storage units are on your list.

Get your flu shot before the fall semester

This is crucial. You will be thrust into tight quarters with others right before flu season begins. According to a survey by the National Foundation for Infectious Diseases in October 2017 among 1,005 US college students 18 to 24 years old, found that "although most college students in the US (70%) believe it is important to get an annual influenza vaccine, less than half (46%) say they typically get vaccinated."

Some of the people you'll meet at school

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may well be those interesting students who will broaden your horizons and help you become the person you hope to be. But do you really trust them to be proactive enough to get their flu shots before the fall semester? You need to be focused on your classes and the lay of the land at school, not laid out with some hacking cough you got from some dude down

the hall.

Choose a bank close to campus

This might seem like a pretty minor thing to think about, since it's generally easy to find ATMs around most college campuses. But if you are trying to conserve money, you probably don't want to be throwing money away on machines that

are out of your bank's network. Some banks charge around \$2.50 on top of the normal ATM fees for every time you decide to take out cash for pizza. That adds up. Also, by having a branch nearby, you will also be able to make deposits to your account in case you find a job close to campus or receive birthday checks from your grandma in the mail.

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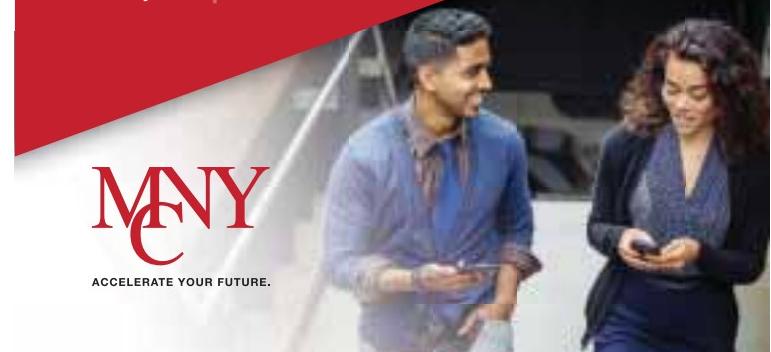
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SPORTS

With just one day before the MLB trade deadline, the Bronx Bombers are still in on a few pitchers.



JOE PANTORNO
joseph.pantorno@metro.us

The New York Yankees seemingly checked a large task off their to-do list last week when they acquired left-handed pitcher J.A. Happ to help bolster an inconsistent starting rotation. However, they may not be done yet with the Major League Baseball's July 31 trade deadline looming.

There is still cause for concern in the Bronx when it comes to starting pitching even with Happ coming in as an All-Star rental. The 35-year-old made his Yankees debut

Yanks still in search



After talks of Jacob deGrom and Noah Syndergaard, the Yankees might get Zack Wheeler from the Mets. GETTY IMAGES

on Sunday after going 10-6 with a 4.18 ERA with a Toronto Blue Jays team that is well out of post-season contention.

He was expected to slot into the middle of the rotation behind staff ace Luis Severino to help keep things afloat amongst the inconsistent Masahiro Tanaka and the struggling Sonny Gray.

The problem is that even Severino has been a liability lately, which

couldn't be coming at a worse time considering the Boston Red Sox are on the cusp of running away with the American League East crown. In his last four starts dating back to July 7, the 24-year-old has gone 1-2 with an 8.84 ERA while allowing seven home runs.

In the first 18 starts of the 2018 season, Severino gave up just six home runs while going 13-2

with a 1.98 ERA, posing a real challenge to Red Sox star Chris Sale's status as AL Cy Young favorite.

But with uncertainty now at the top of the rotation and the offense receiving a blow with the loss of Aaron Judge for three weeks due to a wrist injury, the Yankees continue to look for starting pitching help on the market.

Per the New York Daily News' Kristie Ackert,

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of starting pitching



Chris Archer is garnering interest from as many as 10 teams. GETTY IMAGES

Yankees scouts are still keeping an eye on starting pitching around the league even after nabbing Happ. Ackert noted that Zack Wheeler of the New York Mets and Chris Archer of the Tampa Bay Rays are two targets.

The oft-injured Wheeler finally looks to be putting things together at age 28. After Tommy John surgery sidelined him for two years, the right-hander

looked as though he'd never live up to expectations set when the Mets acquired him from the San Francisco Giants in the Carlos Beltran deal.

After going 3-7 with a 5.21 ERA in his first year back in 2017, Wheeler began this year going 2-5 with a 4.98 ERA. But the pitching-intensive coaching staff of manager Mickey Callaway and pitching coach Dave Eiland looks to be turning

things around for him.

In his last five starts, Wheeler is 2-0 with a 3.03 ERA, which has built his trade value immensely as teams around the league continue to look for starting pitching help. Along with the Yankees, the Red Sox, Milwaukee Brewers and Seattle Mariners are among interested parties.

In Tampa, Archer continues to be a popular trade chip despite a drop in his production over the past three years. Once the undisputed ace of the Rays' pitching staff, Archer has gone 22-36 with a 4.10 ERA. In the meantime, the currently-injured 25-year-old Blake Snell has developed into the class of the Rays' rotation.

Considering that he's applying his trade in the American League, a 4.10 ERA isn't necessarily bad from Archer. But the Yankees and other interested parties are likely wary of the Rays' asking price for the right-hander.



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generally all persons having or
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and to the premises described
in the complaint herein, and the
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widow or widowers of them,
if any, all of whose names
are unknown to plaintiff, et
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40 feet; THENCE northwesterly
again at right angles to said
side of Dunbar Street,
125 feet to said southeasterly
side of Dunbar Street;
THENCE southwesterly along
said side of Dunbar Street,
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Index No. 13115-11.

Gary M. Darche, Esq.,
Referee, Eckert Seamans
Cherin & Mellott, LLC
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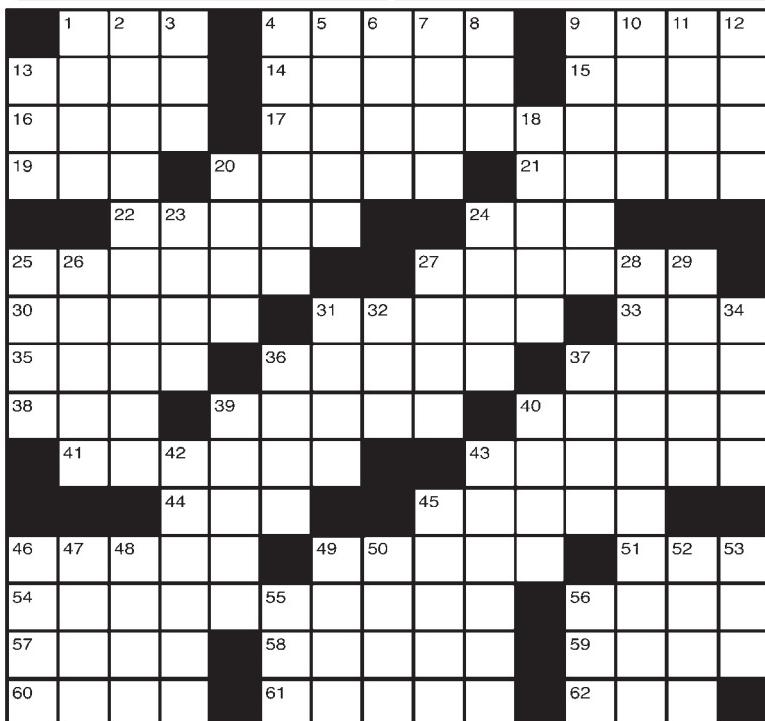


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| 14 India's first prime minister | 56 Dishonest one |
| 15 Explorer Marco | 57 Give a hoot |
| 16 Fissure; split | 58 Wed without fanfare |
| 17 Rockets | 59 __ in a blue moon; seldom |
| 19 __ pedestal; lovingly honored | 60 Colors |
| 20 Night lights | 61 Birch tree with catkins |
| 21 Uptight | 62 Word of disgust |
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- 13 In favor of
- 18 Laundry problem
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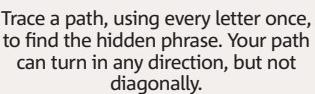
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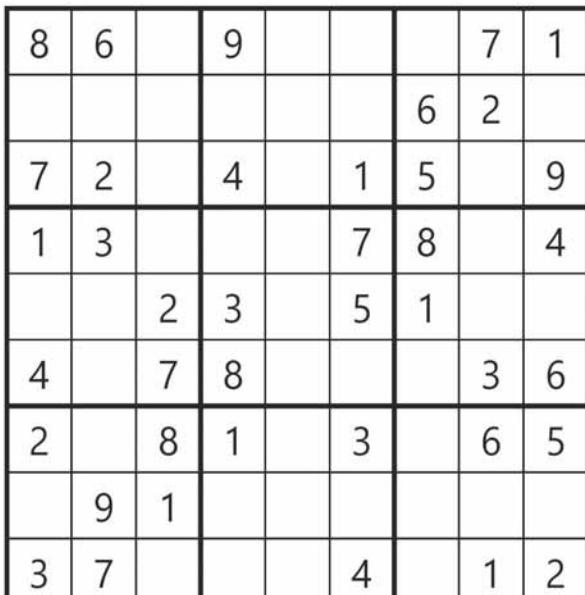
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